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### g. Advancing my Nursing Education: Ph.D. Style

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# Advancing my Nursing Education: Ph.D. Style

Trisha Saul, Ph.D., RN-BC

# UCI

**SUE AND BILL GROSS SCHOOL OF NURSING**

**UNIVERSITY OF CALIFORNIA IRVINE**



## Objectives

- ✓ My Journey
- ✓ UCI
  - ✓ Degree Choice
  - ✓ School of Choice
  - ✓ Curriculum Overview
  - ✓ Challenging Experience
  - ✓ Rewarding Experience
- ✓ My Research
  - ✓ Background
  - ✓ Aims/Purpose
  - ✓ Design/methods
  - ✓ Results

# UCI



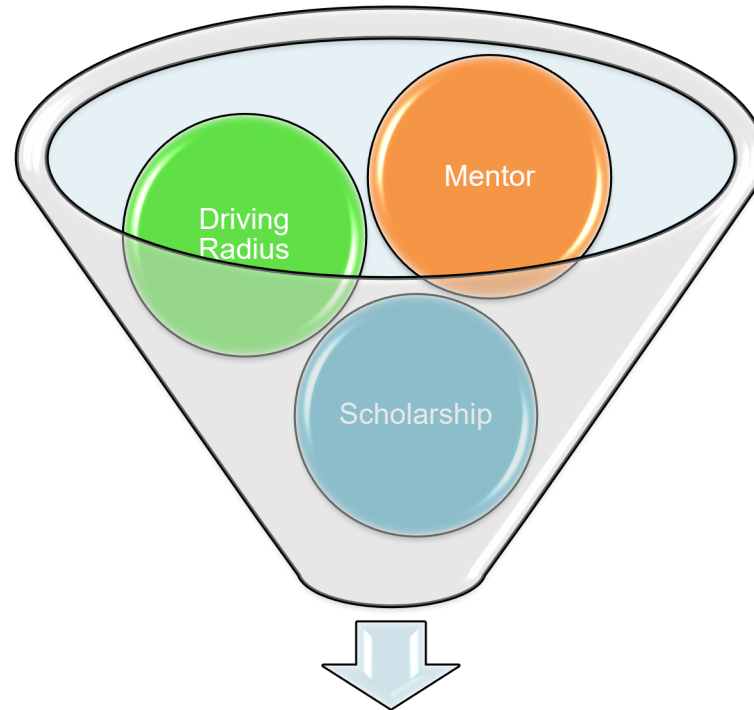
# Grand University

Limitations:  
Map is not to Scale  
This presentation is subject to recall bias

# Why Ph.D.?



## Why UCI



Research University



# Curriculum Overview

## 2017 Fall Quarter

PHIL SCI NURS SCHLR	NUR SCI	212	4.0
THEO & CONCEPT FRMWK	NUR SCI	226	4.0
BIOSTATISTICS	EPIDEM	204	4.0

## 2018 Winter Quarter

APP TRSL EVID PRACT	NUR SCI	233	4.0
QUANT RES NURS SCI	NUR SCI	247	4.0
BIOSTATISTICS II	EPIDEM	242	4.0

## 2018 Spring Quarter

ECOL OF HLTHY COMM	NUR SCI	220	2.0
SEM CLIN TRANS SCI	NUR SCI	222A	2.0
GRANT WRITING I	NUR SCI	227A	4.0
QUAL RES NURS SCI	NUR SCI	246	4.0

**2018 Summer: F31 Grant**

## 2018 Fall Quarter

DATA MGMT & PRESENT	SOCIOL	289	4.0
GRANT WRITING II	NUR SCI	227B	2.0
IND STUDY NURS SCI	NUR SCI	299	2.0
UNIVERSITY TEACHING	NUR SCI	399	4.0

## 2019 Winter Quarter

QUAL RSCH MTHDS I	EDUC	283A	4.0
IND STUDY NURS SCI	NUR SCI	299	2.0
UNIVERSITY TEACHING	NUR SCI	399	4.0
SOCIAL RSRCH MTHDS	PUBHLTH	246	4.0

## 2019 Spring Quarter

RESRCH METHOD PSYCH	PSY BEH	P201	4.0
SEM CLIN TRANS SCI	NUR SCI	222B	2.0
IND STUDY NURS SCI	NUR SCI	299	2.0
UNIVERSITY TEACHING	NUR SCI	399	4.0

**2019 Summer: Comprehensive Exam**

**Prep Oral Advancement**

## Curriculum Overview

2019 Fall Quarter

IND STUDY NURS SCI      NUR SCI      299      12.0

**Fall Quarter: Oral Defense. IRB Submission**

2020 Winter Quarter

DOC DISS READ WRIT      NUR SCI      296      12.0

**Spring Quarter: Prayer, IRB Approval, Recruitment, & Data Analysis**

**Spring Quarter: Written & Oral Defense**

Pandemic



## Challenging Experience

Besides Biostats I, II, or III?

What I had to give up.

Hosting

Special Moments

Cleaning

Sleep

## Rewarding Experience

Taking classes in other departments

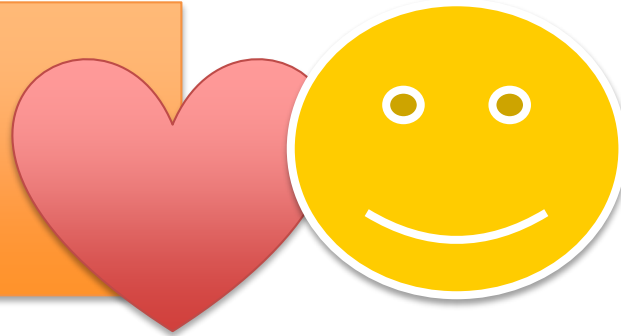
Social  
Ecology

Psychology

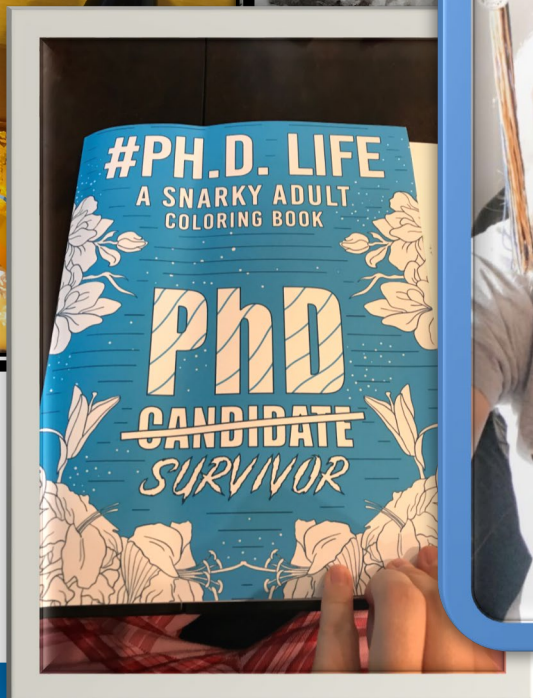
Education

Epidemiology

Teaching Assistant



## Pandemic Graduation



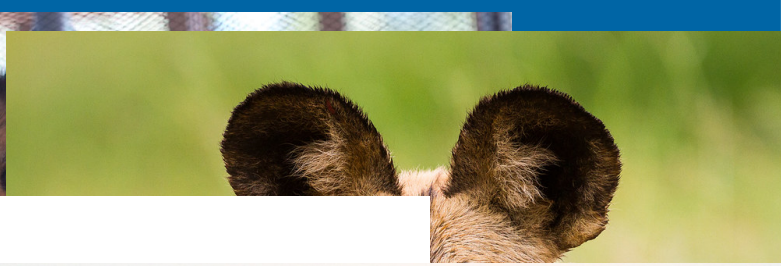
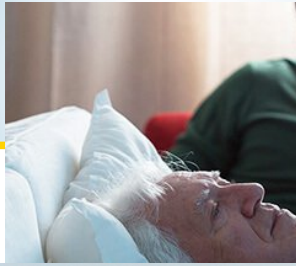
## Is Psychological Well-being in Caregivers of Patients with Lung Cancer Associated with Attitudes Toward and Use of Complementary and Alternative Medicine



SUE AND BILL GROSS SCHOOL OF NURSING  
UNIVERSITY OF CALIFORNIA IRVINE







# Background and Significance: Caregivers

## Psychological Well-Being

- **Combination of feeling good and functioning effectively** (Huppert, 2009)
- **40% of caregivers believe themselves to be in poor health** (Jowsey, McRae, Gillespie, Banfield, & Yen, 2013)
- **Reported greater levels of psychological distress than other caregivers** (Kim & Schulz, 2008)
- **Meta-analyses: Depression (26%) and Anxiety (40%)** (Stenberg, Ruland, & Miaskowski, 2009)
- **↑ Responsibilities = ↓ HRQOL** (Muñoz et al., 2008)

## Background and Significance: Lung Cancer

Cancer is the 2<sup>nd</sup> leading cause of death in the US (ACS, 2018)

Lung Cancer: 2<sup>nd</sup> most common & leading cause of death (27%)

49% Female, 51% Male - (CDC, 2017)

83% >60 years old - (ALA, 2016)

70 years old, median age - (ACS, 2018)

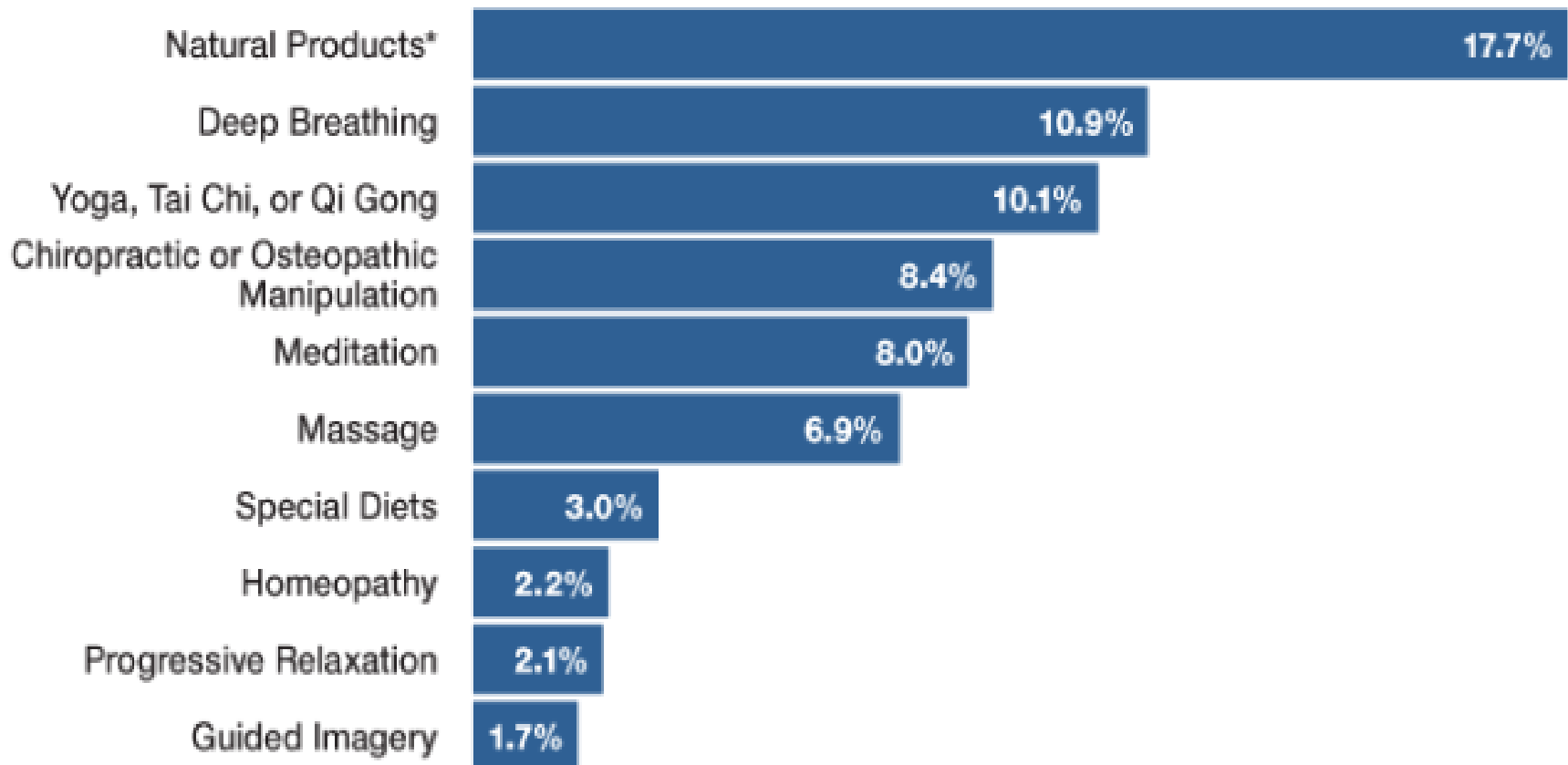
5-year survival rate 18.6% - (ALA, 2016)

Colon (64%), Breast (90%), & Prostate (99%)

Distant tumor 5-years survival 4% - (ALA, 2016)



## Background and Significance: Complementary and Alternative Medicine (CAM)



## Background and Significance: CAM as an Intervention

- **Pain, heart failure, neurological disorders, depression, & anxiety population** (Chang et al., 2016; Mooventhana & Nivethitha, 2017; Pullen et al., 2018; Uebelacker & Broughton, 2018)
  - **↑ QOL**
- **Caregivers of outpatients with psychosis** (Varambally et al., 2013)
  - **↑ QOL, ↓ burden**
- **Caregivers of patients with dementia** (Danucalov et al., 2013)
  - **↓ stress ↓ depression ↓ anxiety**

## Specific Aims

1. **Describe caregiver experience** (i.e., caregiver burden, CAM attitudes, CAM use) and **psychological well-being** (i.e., anxiety, depression, HRQOL) among caregivers of patients with LC.
2. **Examine relationships** between **caregiver characteristics**, **caregiver experiences** (i.e., caregiver burden, CAM attitudes, CAM use) and **psychological well-being** (i.e., anxiety, depression, HRQOL) in a sample of caregivers of patients with LC.

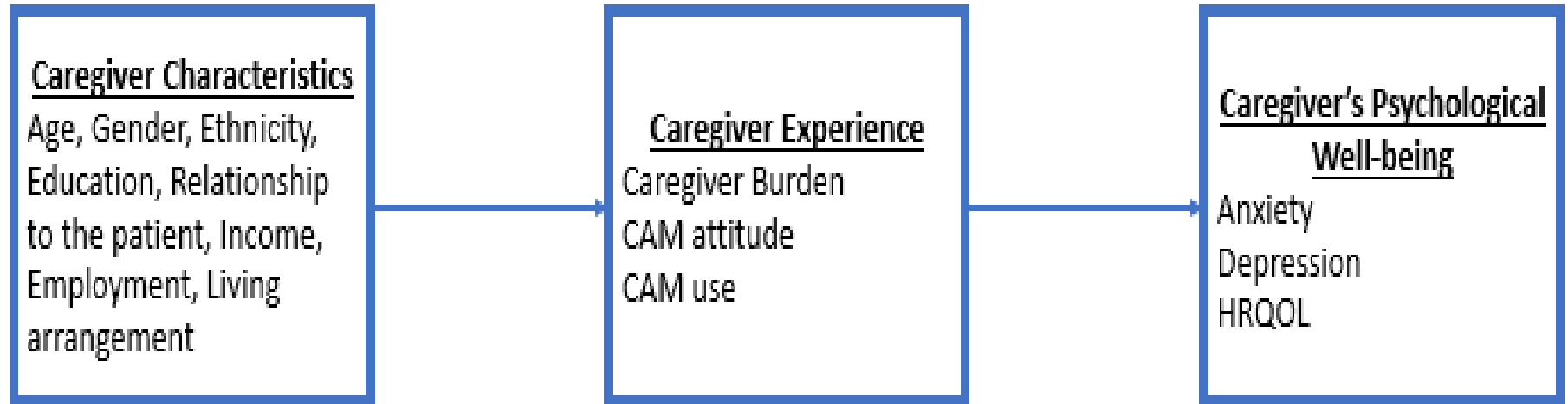
**Hypothesis 1: Spouses living with the patient with LC and caregivers with higher education will have higher CAM attitudes and CAM use.**

3. **Identify independent predictors** of **CAM attitudes**, **CAM use**, **anxiety**, and **depression** in a sample of caregivers of patients with LC.

**Hypothesis 2: Higher CAM attitudes and CAM use among caregivers will be associated with better psychological well-being.**

# Conceptual Framework

## Modified Family Caregiver Model



## Methodology

### Study Design

- **Cross-sectional, exploratory study**

### Procedures

- **Chao Cancer Center, PSJH Regional Hospitals, Flyers, Social Media**
- **Online completion of survey**
- **Incentive \$25 gift card**

## Methodology: Sample Eligibility

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**Inclusion  
criteria**       $\geq 18$  years old

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Self-identified primary caregiver of patients  
diagnosed with LC

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Patient has received treatment (chemotherapy,  
radiation, surgery) in the past 12 months

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Able to speak, read, and understand English

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Willing to participate in the completion of  
surveys

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# Methodology: Instruments

- 128 Questions, 5 instruments + Demographics, 25-minutes

## CAM ATTITUDES

- Holistic and Complementary and Alternative questionnaire
- **(HCAMQ)**

(Hyland et al., 2003)

## CAM USE

- Complementary and Alternative Medicine Usage Survey

(Lie & Broker, 2006)

## CAREGIVER BURDEN

- Caregiver Reaction Assessment
- **(CRA)**

(Given et al., 1992)

## ANXIETY & DEPRESSION

- Hospital Anxiety and Depression Scale
- **HADS**

(Snaith & Zigmond, 1986)

## HRQOL

- Medical Outcomes Study Short Form 12, version 2
- **(SF-12V2)**

(Ware et al., 1996)



**Table 1. Caregiver Characteristics**

<b>Sociodemographic</b>	<b>Mean (SD)</b>	<b>Caregiving Characteristics</b>	<b>Mean (SD)</b>
<b>Age</b>	<b>37.9(9.1)</b>		
	<b>n (%)</b>		<b>n (%)</b>
<b>Gender</b>		<b>Relationship to patient</b>	
<b>Female</b>	<b>33(53.2)</b>	<b>Spouse /</b>	<b>25(40.3)</b>
		<b>Significant Other</b>	
<b>Ethnicity</b>		<b>Son / Daughter</b>	<b>9(14.5)</b>
<b>Black</b>	<b>9(14.5)</b>	<b>Parent</b>	<b>12(19.4)</b>
<b>White</b>	<b>34(54.8)</b>	<b>Brother / Sister</b>	<b>6(9.7)</b>
<b>Asian</b>	<b>3(4.8)</b>	<b>other</b>	<b>10(16.1)</b>
<b>Hispanic or Latino</b>	<b>10(16.1)</b>	<b>Living Arrangement</b>	
<b>American Indian/ Alaskan native</b>	<b>2(3.2)</b>	<b>Lives with patient</b>	<b>53(85.5)</b>
<b>Other</b>	<b>4(6.4)</b>	<b>Daily caregiving hours</b>	
<b>Education</b>		<b>&gt;4 hours</b>	<b>44(72.1)</b>
<b>High School</b>	<b>6(9.8)</b>	<b>Length of caregiving</b>	
<b>Some College</b>	<b>10(16.4)</b>	<b>&lt; 6 months</b>	<b>6(9.7)</b>
<b>College Graduate</b>	<b>40(65.6)</b>	<b>7-12 months</b>	<b>42(67.7)</b>
<b>Graduate Degree</b>	<b>5(8.2)</b>	<b>&gt;12 months</b>	<b>14(22.6)</b>

**Employed Full-time**

**Yes 48(77.4)**

**Household Income**

**< \$40,000 6(9.7)**

**\$41,000 to \$75,000 12(19.4)**

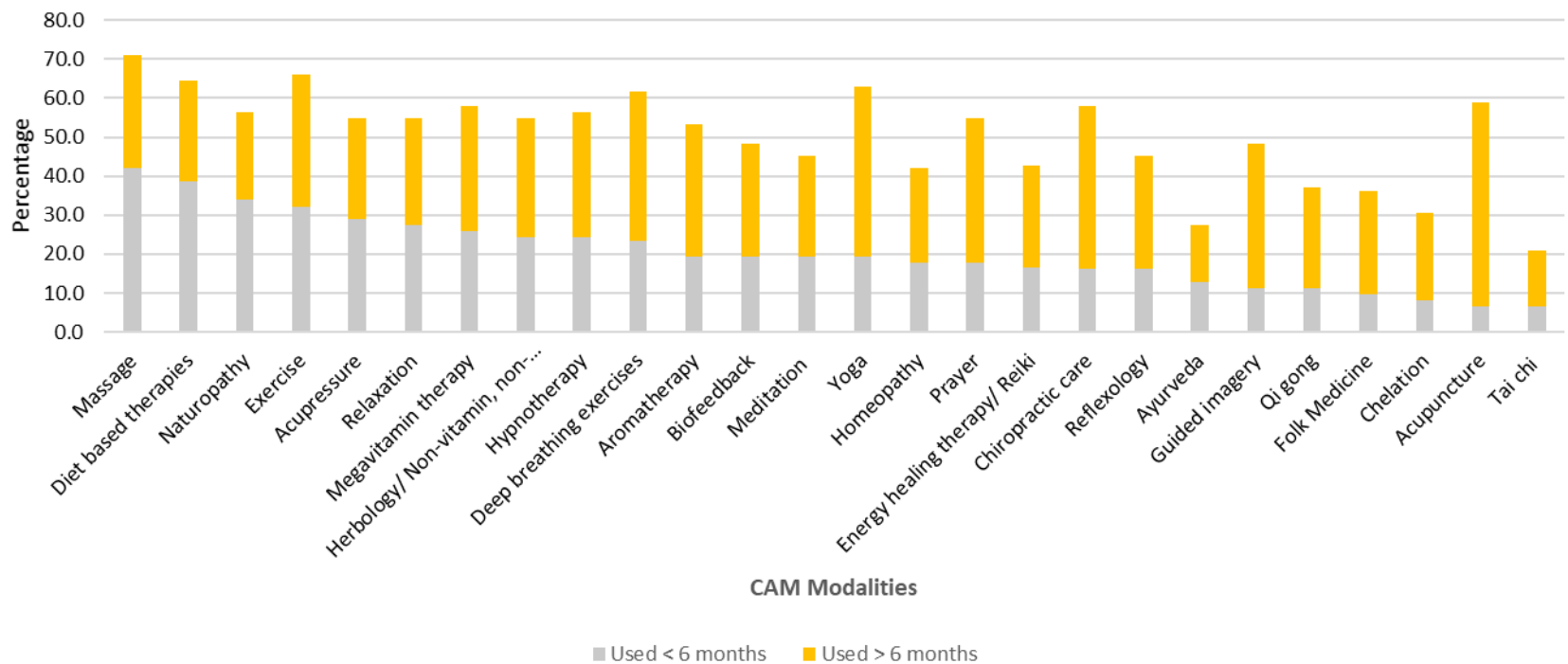
**\$76,000 to \$125,000 37(59.7)**

**> \$126,000 7(11.3)**

**62 Participants**

- CAM attitudes (85.5%)
- CAM use at least 1 (93%)
- Average 4.8

**Figure 2. Frequency of CAM Modalities used by Caregivers**



## Discussion: Study Strengths & Limitations

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### Strengths

First study to our knowledge to look at CAM in caregivers of patients with LC

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Examined CAM attitudes & use and how they relate to psychological well-being

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Finding will be used for tailored CAM interventions

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### Limitations

Cross-sectional design

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Title could have encouraged CAM users to participate or discouraged non-CAM users

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Recruitment predominately done online

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Non-English Speaking are not represented

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**DISSERTATION COMMITTEE MEMBERS**

**Lorraine Evangelista Ph.D. (Chair)**

**Jung-Ah Lee Ph.D.**

**Sanghyuk Shin Ph.D.**

**Michelle Fortier Ph.D.**

Questions?

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